

NEWS FROM Legislator

Lou D'Amaro



SUFFOLK COUNTY LEGISLATURE
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For Immediate Release

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Prepare Now – Avoid an Accident Later

REGISTER UNDERWAY FOR LOCALLY-HELD SUFFOLK COUNTY FALL PREVENTION PROGRAMS

(HUNTINGTON STATION, NY... September 8, 2015) – Suffolk County Legislator Lou D'Amaro (D-Huntington Station) would like to inform residents that County Executive Steve Bellone and Commissioner of Health Services Dr. James Tomarken are offering the County's innovative "Falls Prevention Program" at convenient Western Suffolk locations this Fall. The free workshops aim to help mature adults reduce the risks of falls and improve their quality of life.

Stepping On*

"Stepping On" is a seven-week model program that focuses on improving balance and strength, home and community safety, vision, safe footwear and medication review. According to the Centers for Disease Control and Prevention (CDC), the program has proven to reduce falls for participants by 31 percent.

Greenlawn

Paumanack Village, 650 Paumanack Village Drive, Greenlawn

Mondays, September 28 and October 5, 14, 19, 26 and November 2 and 9, 2015; classes run from 1 pm to 3 pm.

To register, contact Nelly Zoeller at (631) 853-6472

**Please be aware: Registration is currently underway, but the number of openings for "Stepping On" is limited and will be filled on a first-come, first-served basis.*

(more)

Staying Independent for Life

“Staying Independent for Life” covers much of the information that is provided in the “Stepping On” program in a condensed two-hour session.

Commack

Monday, September 21, 2015, 10 am – 12 pm
Gurwin Assisted Living, 50 Hauppauge Road, Commack
To register, call Nelly Zoeller at (631) 853-6472

Huntington Station

Tuesday, September 29, 2015, 10 am – 12 pm
South Huntington Public Library, 145 Pidgeon Hill Road, Huntington Station
To register, call (631) 549-4411

Huntington

Wednesday, September 30, 2015, 10 am – 12 pm
Huntington Public Library, 338 Main Street, Huntington
To register, call Nelly Zoeller at (631) 853-6472

East Northport

Wednesday, September 30, 2015, 1 pm – 3 pm
East Northport Library, 185 Larkfield Road, East Northport
To register, call (631) 261-2313

Additional programs will be rolled out in October and throughout the course of the year. For more information, call the Suffolk County Department of Health Services at (631) 853-6492 or visit:

<http://www.suffolkcountyny.gov/Departments/HealthServices/PreventiveMedicine/FallsPrevention.aspx>

“According to The National Council on Aging, every 15 seconds a senior citizen is treated in a hospital emergency room for a fall-related accident,” said Legislator D’Amaro. “Through awareness and increased participation in fall prevention programs, we hope to be able to cut down on the frequency and severity of these incidents. I hope many people will enroll either themselves or their loved ones in these programs.”

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Suffolk County Legislator Lou D’Amaro represents the 17th Legislative District, which includes parts of Huntington, Huntington Station, South Huntington, Melville, West Hills, Cold Spring Hills, Dix Hills, Deer Park, North Babylon and West Babylon. He is chairman of the Budget & Finance committee and a member of the Education & Information Technology and Human Services committees of the Suffolk County Legislature.